

the SNORZ letter

Dedicated to helping you get a better night's sleep

Insomnia

Insomnia is the most prevalent sleep problem for America's adults. According to the National Sleep Foundation polls, nearly 6 out of 10 men and women – 126 million people – experience at least one symptom of insomnia a few nights a week. Although women are more likely to experience insomnia symptoms than men, far too many adults ignore the symptoms: difficulty falling asleep, waking too early and not being able to get back to sleep, waking a lot during the night and waking feeling unrefreshed.

INSOMNIA FACTS AND STATISTICS

The following information is from several of the National Sleep Foundation's annual Sleep in America polls.

Insomnia is a widespread problem for America's adults and is the most common sleep problem.

- More than one-half of adults over age 18, (58%), report experiencing at least one of four symptoms at least a few nights a week; 35% of adults say they experience a symptom of insomnia every night or almost every night
- Women are more likely than men to report symptoms of insomnia (63% vs. 54%)
- Younger adults (18-29) say they are more likely to experience symptoms of insomnia (68%) than those ages 30-64 (59%) and adults 65+ (44%)

There are four symptoms of insomnia: difficulty falling asleep, waking too early and not being able to get back to sleep,

waking a lot during the night and waking feeling unrefreshed.

- According to NSF's poll, the most common symptoms of insomnia for America's adults are waking up feeling unrefreshed, reported by 40% of those polled, followed by awakening a lot during the night (36%).
- About 25% say they have difficulty falling asleep and 24% wake too early and can't get back to sleep

There are many causes of insomnia, from daily stresses to children in the household

- Adults with children in the household are more likely to have symptoms of insomnia than those without children (66% vs. 54%)
- Nearly 3 in 10 (29%) report experiencing insomnia at least a few nights a week; 12% reported having symptoms every night or almost every night
- About one-half of those polled, 48%, reported experiencing insomnia more frequently since they became a parent/caregiver to a child.

Insomnia is also a problem for older adults, according to NSF's 2003 Sleep in America poll.

- About one-half of older adults (55-84) experience one or more symptoms of insomnia at least a few nights a week:

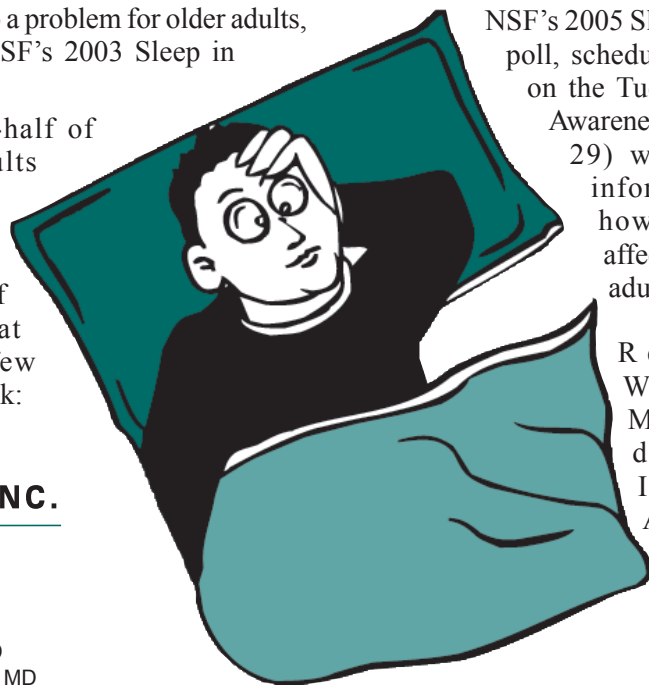
- One in five (18%) say they have difficulty falling asleep
- 33% report waking a lot during the night
- 23% report waking up too early and can't get back to sleep
- When ignored, frequent sleep problems in older adults can complicate the treatment of a host of common, serious, age-related medical conditions

BASIC TIPS FOR PEOPLE WHO SUFFER FROM INSOMNIA

- Avoid napping during the day
- Go to bed when you feel sleepy to facilitate falling asleep quickly
- Awaken at the same time each morning
- If you can't fall sleep, or awaken during the night and can't fall back asleep, don't lie in bed twisting and turning; get out of bed, go to another room and keep the light dim, engage in a relaxing activity. Return to bed when you are sleepy.

NSF's 2005 Sleep in America poll, scheduled for release on the Tuesday of Sleep Awareness week (March 29) will have new information about how insomnia is affecting America's adults.

Remember, Wednesday, March 30 is designated Insomnia Awareness Day.



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